

RSVP

Thank You!
--(Author Unknown)

May not have told
you lately,
But hope you know
it's true,
That every day we're
grateful for
A volunteer like you!

Your caring words,
your caring deeds,
They mean so very
much,
For all you give to
others
We can never say
"Thank-You" enough!

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RSVP NEWSLETTER

Volume 5, Issue 3 - 2014

Mid-Rio Grande



RSVP volunteers outside the Belen Harvey House Museum
Front Row (left to right): Mary Hahn, Barbara Bransky, Georgia Eddy, Jo Richert, Heide Green, Maurine McMillan, Pat Carter, Marilyn Mora, Donna Nicholas, Gene Green.
Back Row (left to right): Ted Rau, Mike Moreno, Ronnie Torres

Harvey House

Fred Harvey (1835-1901) was the owner of the Harvey House chain of restaurants and hotels that were located at train stations throughout the western United States. The Belen Harvey House was built in 1910, and it was thought to be the "most elegant". The Harvey Girls were sent to Vaughn, N.M. to learn how to serve their customers and how to keep their uniforms clean before working here. The Girls lived and worked at the Harvey House. The Harvey House closed and re-opened several times until 2000, when the building became The Harvey House Museum. The Museum is completely run by volunteers. Today the Retired Senior Volunteer Program currently has around 15 volunteers that help out. To visit the museum and find out more interesting facts, call 505-861-0581; they are open Tuesday through Saturday from 12:30PM to 3:30PM. To find out if you can become a volunteer here call Bertha Flores, the RSVP Director, at 505-966-2567.

2014 Points of Light Conference



Atlanta, GA

On June 14th through the 19th Bertha and Leandra attended the Points of Light Conference on Volunteering and Service in Atlanta, Georgia. They learned an abundance about volunteering and they are glad to have brought that knowledge back to Valencia County with them, and start putting it to use in our Retired Senior Volunteer Program.

New Location

By September 12th the RSVP Office will be moved to the Belen Recreation Center. Bertha and Leandra will still have the same e-mail addresses and the same phone numbers. The new location will be at 305 Eagle Ln.

Health Care Advice

Protect yourself from health care fraud and scams: to avoid being a victim, the New Mexico Aging & Disability Resource Center maintains a **Senior Medicare Patrol (SMP)** (800-432-2080) which helps beneficiaries avoid, detect, and prevent health care fraud.

One area of potential fraud is **medical discount plans**: What sounds like affordable health insurance may be a medical discount plan instead. Medical discount plans can be a way for people to save money on health care costs, but discount plans aren't health insurance. Some medical discount plans provide legitimate discounts; others take people's money and offer very little in return. Many plans don't include local providers or they give you outdated lists of names and facilities. Some offers are just plain scams.



Veteran Carlos Gutierrez



Carlos Gutierrez, 89 years old, was recently on KOB News for earning a purple heart during the D-Day battle. Gutierrez spends most of his mornings at the Belen Senior Center, drinking coffee and making new friends. We just wanted to thank him for his service from RSVP. To see the video you can visit tinyurl.com/n9wcqr9.



Retired and Senior Volunteer Program (RSVP)

RSVP volunteers use their skills and experiences to make a difference in their communities. Volunteers help in the libraries, food pantries, schools, and senior centers. Must be 55 years or older. So if you are 55 years or older and would like to make a difference in your community, please contact Bertha or Leandra at the RSVP office.

Medicare Claims

Check on Medicare claims: after you receive health services, save receipts and statements from your provider. Claims filed by your provider show up in Medicare within about 7 days. However, providers can take up to a year to submit a claim. Compare your statement from your provider to the claim processed by Medicare. Call 1-800-MEDICARE (1-800-633-4227) or check your claims at www.mymedicare.gov. You will receive a hard copy Medicare Summary Notice (MSN) every quarter or duplicates if requested.

If you detect an error contact your provider to try to resolve the discrepancy. If you are not satisfied with the response call the New Mexico Senior Medicare Patrol (SMP) at 1-800-432-2080 or MEDICARE to report the problem.

If you have a Medicare Advantage or other health or drug plan (e.g.: HMO, PPO with a private insurance plan) you will receive an Explanation of Benefits (EOB).



Belen City Park at 10th and Ross Sts., adopted by RSVP

Several years ago the Mid Rio Grande Chapter of RSVP adopted the city park at 10th and Ross Sts. RSVP director Bertha Flores, members of the RSVP Advisory Council, and other volunteers have engaged in periodic cleanups at the park. Advisory council member Pearl Lucero has been able to obtain and plant shrubbery for the park (see photo for examples), as well as mulch and railroad ties. Bertha Flores obtained a canopy for the picnic table area and arranged for a park bench to be installed, as well as repairs to the concrete at the basketball court and picnic table area. For more about the park please contact RSVP.

Volunteering Word Search



Apple Bread Pudding



INGREDIENTS

- 3 tablespoons unsalted butter
- 1 lb sweet apples, pared, cored, thinly sliced
- 1 1/3 cups granulated sugar
- 1/3 cup seedless raisins
- 10 (1/2-inch) slices French or Italian bread
- 6 large eggs
- 1 teaspoon vanilla extract
- 1 cup heavy cream
- 3 cups milk
- confectioners sugar (just enough to dust on top)

DIRECTIONS

-Preheat oven to 350°F.

-Melt butter in a large heavy skillet over medium-low heat. Add the apple slices and stir until well coated. Sprinkle with 1/3 cup of granulated sugar, and raisins; cook until heated through. Set aflame; when flames subside, remove from heat.

-Arrange bread slices, slightly overlapping in a buttered 9 x 13-inch baking dish. Spoon apple mixture over the top.

-Lightly beat the eggs in a large bowl. Beat in the remaining 1 cup granulated sugar, vanilla extract, cream and milk. Spoon mixture over the apples. Let stand for 10 minutes so bread can absorb the liquid.

-Place the baking dish in a large roasting pan. Pour hot water into the roasting pan to come halfway up the sides of the bread pudding pan. Bake until set, about 50 minutes. Cool for 20 minutes on a wire rack.

-Generously dust the surface of the pudding with confectioners sugar. Place under a preheated broiler until top is glazed, 2 to 4 minutes. Take care not to burn sugar.

October

All Dances Start at 10:00 AM
and end at 12:00 PM.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------|--------------------------------|---------------------------------|-------------------------------------|--|-----------------------------------|-----|
| | | | 1 Los Lunas Senior Center Dance | 2 Del Rio Senior Center Dance | 3 Yom Kippur Begins at Sundown | 4 |
| 5 | 6 | 7 Belen Senior Center Dance | 8 Los Lunas Senior Center Dance | 9 Del Rio Senior Center Dance | 10 | 11 |
| 12 | 13 Columbus Day Observed | 14 Belen Senior Center Dance | 15 Los Lunas Senior Center Dance | 16 Del Rio Senior Center Dance Boss's Day | 1 | 18 |
| 19 | 20 | 21 Belen Senior Center Dance | 22 Los Lunas Senior Center Dance | 23 Del Rio Senior Center Dance partial solar eclipse | 24 | 25 |
| 26 Mother-in-law Day | 27 | 28 Belen Senior Center Dance | 29 Los Lunas Senior Center Dance | 30 Del Rio Senior Center Dance | 31 Halloween | |

November

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------|-----|---|-------------------------------------|-----------------------------------|-----|---------------------|
| | | | | | | 1 All Saints Day |
| 2 Daylight Saving Time Ends | 3 | 4 Belen Senior Center Dance Election Day | 5 Los Lunas Senior Center Dance | 6 Del Rio Senior Center Dance | 7 | 8 |
| 9 | 10 | 11 Belen Senior Center Dance Veterans Day | 12 Los Lunas Senior Center Dance | 13 Del Rio Senior Center Dance | 14 | 15 |
| 16 | 17 | 18 Belen Senior Center Dance | 19 Los Lunas Senior Center Dance | 20 Del Rio Senior Center Dance | 21 | 22 |
| 23 30 | 24 | 25 Belen Senior Center Dance | 26 Los Lunas Senior Center Dance | 27 Del Rio Senior Center Dance | 28 | 29 |

December

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------|-----|--|---|-----------------------------------|----------------------|-----|
| | 1 | 2 Belen Senior Center Dance | 3 Los Lunas Senior Center Dance | 4 Del Rio Senior Center Dance | 5 | 6 |
| 7 Pearl Harbor Day | 8 | 9 Belen Senior Center Dance | 10 Los Lunas Senior Center Dance | 11 Del Rio Senior Center Dance | 12 | 13 |
| 14 | 15 | 16 Belen Senior Center Dance Hanukkah Begins | 17 Los Lunas Senior Center Dance | 18 Del Rio Senior Center Dance | 19 | 20 |
| 21 Winter Begins | 22 | 23 Belen Senior Center Dance | 24 Los Lunas Senior Center Dance | 25 Christmas Day | 26 Kwanzaa Begins | 27 |
| 28 | 29 | 30 Belen Senior Center Dance | 31 Los Lunas Senior Center Dance New Year's Eve | | | |



October, November & December Birthdays!

| | | | | | |
|-----------------|-------|-----------------|-------|------------------|-------|
| Janet Zimmerman | 10/02 | Jean George | 11/13 | Linda Haverty | 12/06 |
| Lois Bulkley | 10/07 | Mark Rosenblum | 11/13 | Betty Mascarena | 12/11 |
| Josie Garcia | 10/11 | Patricia Carter | 11/15 | Alan Casey | 12/13 |
| Alicia Mora | 10/13 | Clyde Gensen | 11/16 | Herman Lucero | 12/13 |
| Barbara Lassahn | 10/16 | Keith Easton | 11/19 | Gloria Torres | 12/13 |
| Frank Esquibel | 10/16 | Isabel Guerra | 11/19 | Louisa Garcia | 12/14 |
| Linda Apodaca | 10/23 | Nancy Kent | 11/19 | Ada Simons | 12/15 |
| Frances Samlick | 10/25 | Rose Esquibel | 11/20 | Corrine Finch | 12/16 |
| Dunie Garcia | 11/01 | Donna Nickolas | 11/23 | Ann Faust | 12/21 |
| Henry Hutson | 11/01 | Lorri Eberlein | 11/25 | Shirley Francis | 12/24 |
| Thomas Bradley | 11/04 | Margie Snare | 11/25 | Ann Brown | 12/28 |
| Tom Hershberger | 11/04 | Nancy Roselli | 11/27 | Bonnie Gemoets | 12/29 |
| Patricia Thorn | 11/05 | Corrine Lopez | 12/02 | Dolores Santiago | 12/29 |
| R.C. Blanford | 11/08 | Annie Garcia | 12/03 | Ida Garley | 12/30 |
| Frank Cox | 11/09 | Bonnie Walker | 12/03 | Norma Hutson | 12/31 |

RSVP Office

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RSVP Office Hours

8:00 AM - 5:00 PM

Created By:

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